



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

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## HB CERT HIGHLIGHTS

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CLASS 1

## Extra Special CERT General Meeting on July 14, 2016

By Carol Burtis

Our new Fire Chief, David Segura, will be coming to meet all of you - our Huntington Beach CERT Volunteers - on Thursday, July 14, 2016 at 6:30 pm in the City Hall at 2000 Main Street, Room B8 (next to the City Council Chambers.) This will be your opportunity to say 'hi', show your support for our organization, get Chief Segura's view/past experiences with the CERT program, and be able to ask him questions. We would especially like everyone who volunteered for our recent senior living area power outage callout to be there.



In addition, because of recent news on the Zika virus and the continuing West Nile virus, we have invited Mr. Jared Dever, MPA, Director of Communications for Orange County Mosquito and Vector Control District. He will be discussing the Zika and West Nile Virus threats, our OC preparation and response plans, and what you can do to help diminish mosquitoes in your area. Please join us for this very special evening with our very special guests!

## Concert in the Park!

By Carol Burtis

On Sunday, July 10, 2016, we are inviting all of our CERT members to join us for a Concert in the Park event. It will be at Huntington Beach Central Park, located at the corner of Goldenwest and Talbert, at the bandstand below the library. Plan to arrive at 3:00 pm to picnic and have time to socialize, followed at 5:00 pm, by a wonderful concert performed by the Laguna Beach Community Band. Bring chairs, your food, and a favorite beverage (as well as any needed glasses, plates & silverware). For your planning, the venue is a large, grassy area with some shade, and is usually attended by several hundred people (and often their favorite pet as well).

My husband and I will plan to arrive before

3:00 pm to find a good location for our picnic; look for us and we will have a CERT vest visible so you can find us!

We look forward to seeing you then!!

## Nelly Dow

By Virginia Petrelis

Sadly, our long time CERT member and friend, Nelly Dow, passed away on May 28, 2016. Over the years, Nellie was on several CERT teams. Most recently, she was our ham radio net control operator during many CERT classes and events. We'll sure miss her cheery voice on the radio and seeing her at our meetings.

Nelly was born in Belgium and moved to Detroit, Michigan when she was 11 years old. She met the love of her life, Bob Dow, at the University of Michigan. After marrying in 1961, they moved to California. They had four children and nine grandchildren. Nelly touched many lives as a math teacher and tutor. She also enjoyed sewing and did beautiful creative work. She liked to travel with her extended family.

A funeral Mass was held on Tuesday, June 14, at Saints Simon and Jude Catholic Church with burial afterwards at Good Shepherd Cemetery, in Huntington Beach.

Our condolences to Bob and his family.



## **CERT & RACES Activation for Power Outage on June 4-5, 2016**

*By Carol Burtis*

I received a call from Brevyn Mettler, Emergency Services Coordinator, about 5:30 pm on Saturday June 4, 2016. He said that an electrical vault had a severe malfunction and he was activating CERT and RACES to help monitor two senior apartments that were without power. I headed for the EOC and soon some 50 combined CERT & RACES volunteers were assembled waiting for the activation plan.

Brevyn briefed everyone and said that we would deploy as teams of one CERT and one RACES member on every floor of each of the two apartment buildings and stay throughout the night. The objective was to monitor the floors in case someone fell or had an emergency issue and was unable to telephone for help due to the power outage. One building had emergency lighting and elevator support, but the other was totally dark.



The Emergency Management & Homeland Security Volunteer Management Response Unit (trailer) was brought to the scene and the CERT and RACES teams were established and sent to the two buildings. Red Cross also brought a canteen to keep us loaded up on snacks, water and coffee all night. A Huntington Beach Fire Department engine unit was on site as well.

During the night, fumes from the diesel generator powering the elevator and emergency lighting in the 14 story building started to get strong due to a wind shift. It was making some of the residents and volunteers not feel well, but members of the engine company were there to check everything out and it turned out OK with no incidents.

As morning broke and some of the residents woke up, they expressed their appreciation to our volunteers for being there all night. One woman said that knowing someone was just outside her door all night enabled her to sleep without being so worried.

The electrical vault was fixed by about 1:00 pm Sunday afternoon. A huge thank you to all CERT and RACES volunteers who took time out of their weekend to volunteer for 12-14 hours to help our fellow citizens: Nancy Boyer, Phil Burtis, Carol Burtis, John Downing, Chad Hicks-Beach, Ed Klotz, Todd Lassig, Ken Mailman, Susan McClaran, Kerry Newman, Margie Price, Ken Robinson, Leslie Ross, Judy Secor, Raji Shunmugavel, Annette South, Linda Vircks, Linda Vollmar, John Williams, Chris Wolfe, Sherrie Wolfe, Robert Zamalin, Ray Coulon, Tom Oberlin, Marshall Shipley, Michael DeMicco, Michael Binder, Jeff

Campbell, Jeff Cowart, Donald Dodge, Mike Fitzgerald, Pete Zilliox, Joe Tom, Alan Armstrong, and Manny Vizinho.

### Some lessons learned:

Unless you have planned in advance, your ham radio will not work all night even with a back up battery. A head-mounted LED flashlight allows your hands to be free. Keep batteries out of the flashlight so they don't corrode. Rotate the snacks and water in your deployment bag. If you deploy when it's light and warm, but may stay until it's dark and cool, keep a jacket handy. Assume you'll be stationed longer than expected!



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### **Real Life Disaster**

*by Raji Shunmugavel*

On the evening of Saturday, June 4, 2016, I came home from a long day of outside activities to seek some rest and sleep. I prepared my dinner and looked forward to several relaxing hours before bedtime.

Around 6:15 pm, I heard the telephone ringing and it was Brevyn Mettler's voice saying, "This is not a drill." He asked all available volunteers to report to the EOC regarding a power outage in a Huntington Beach neighborhood involving several senior residences. I assessed my situation, ate my dinner, and took all my medicines so I was good to go.

I collected my grab and go bag. The battery check for my ham radio indicated that I could not help as a communicator but I could help in other branches such as shelter, first aid and logistics, if needed. I arrived at the EOC and we spent more than forty five minutes being briefed about the power outage and what our duties would be.

Huntington Beach RACES member Jeff Campbell, call sign KG6DCV, and I were stationed on the 12<sup>th</sup> floor of Huntington Gardens, a senior residential building. Except for two or three residents, everyone on that floor was sleeping. There was a gas smell and when radioed, Brevyn came to assess the situation to see if evacuation was necessary. It turned out the smell was from the generator and was wafting to the various floors through the vents. We were relieved that it was nothing serious.

I volunteered until 6:30 am Sunday morning when I was dismissed to go home. I used Sunday to sleep and recover. This was a "real life event" in which CERT members were able to help seniors in the City of Huntington Beach.

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## Hydration: Why It's So Important

As we enter into the warmer months of the year, staying hydrated is very important. The following article written by the [www.familydoctor.org](http://www.familydoctor.org) editorial staff is a reminder of the consequences of not drinking enough water.

Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work correctly. For example, your body uses water to maintain its temperature, remove waste, and lubricate joints. Water is needed for good health.

### How does my body lose water?

Water makes up more than half of your body weight. You lose water each day when you go to the bathroom, sweat and even when you breathe. You lose water even faster when the weather is really hot, when you are physically active, or if you have a fever. Vomiting and diarrhea can also lead to rapid water loss. If you don't replace the water you lose, you can become dehydrated.

### How do I know if I'm dehydrated?

Symptoms of dehydration include the following:

- Little or no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheaded feeling
- No tears when crying

Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

### Who is at higher risk of dehydration?

People are at higher risk of dehydration if they exercise at a high intensity, have certain medical conditions, are sick, or are not able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration and send the signals for thirst.

You may need to increase the amount of water you are drinking if you:

- Have certain medical conditions, such as kidney stones or bladder infection
- Are pregnant or breastfeeding
- Will be outside during hot weather
- Will be exercising
- Have a fever
- Have been vomiting or have diarrhea
- Are trying to lose weight

### How much water should I drink each day?

You may have heard different recommendations for

daily water intake. Most people have been told they should drink six to eight 8-ounce glasses of water each day, which is a reasonable goal. However, different people need different amounts of water to stay hydrated. Most healthy people can stay well hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than eight glasses may be enough. Other people may need more than eight glasses each day.

If you are concerned that you are not drinking enough water, check your urine. If your urine is consistently colorless or light yellow, you are most likely staying well hydrated. Dark yellow or amber-colored urine is a sign of dehydration.

### Besides water, what else can I consume to stay hydrated?

Water is the best option for staying hydrated. Other drinks and foods can help you stay hydrated, but some may add extra calories from sugar to your diet.

Drinks like fruit and vegetable juices, milk and herbal teas can contribute to the amount of water you get each day. Even caffeinated drinks (for example, coffee, tea and soda) can contribute to your daily water intake. A moderate amount of caffeine (200 to 300 milligrams) is not harmful for most people. This is about the amount in two to four 8-ounce cups of coffee. However, it's best to limit caffeinated drinks because caffeine may cause some people to urinate more frequently, or feel anxious or jittery.

Water can also be found in fruits and vegetables (for example, watermelon, tomatoes and lettuce) and in soup broths.

### What about sports drinks and energy drinks?

For most people, water is all that is needed to maintain good hydration. However, if you are planning on exercising at a high intensity for longer than an hour, a sports drink may be helpful. It contains carbohydrates and electrolytes that can increase your energy and help your body absorb water.

Choose a sports drink wisely. They are often high in calories from added sugar and may contain high levels of sodium. Also, check the serving size. One bottle may contain several servings. If you drink the entire bottle, you may need to double or triple the amounts given on the Nutrition Facts Label. Some sports drinks contain caffeine. If you use a sports drink that contains caffeine, be careful not to get too much caffeine in your diet. Sports drinks are **not** the same as energy drinks. Energy drinks usually contain large amounts of caffeine and other stimulants (for example, guarana, ginseng, or taurine) that your body doesn't need. Most of these drinks are also high in added sugar. Many experts recommend that children and teens should not have energy drinks.

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## Hydration: Why It's So Important (continued from page 3)

### Tips for staying hydrated

- Keep a bottle of water with you during the day. Purchasing bottled water is expensive and creates plastic bottle waste. Carry a reusable water bottle and fill it from the tap instead.
- If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.
- Be sure to drink water before, during and after a workout.
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch and dinner; and when you go to bed. Or drink a small glass of water at the beginning of each hour.
- Drink water when you go to a restaurant. It will keep you hydrated, and it's free!

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### Where Does Our Water Come From?

*By Virginia Petrelis*

At our June 9, 2016 CERT general meeting, Sandy Scott-Roberts, Principal Engineer from the Orange County Water District (OCWD), gave a very interesting power point presentation on where our water originates. In Huntington Beach, we are in the OCWD division 6 and, for us long-time CERT folks, our very own Cathy Green is the Board President of OCWD.

The northern half of Orange County sits on a vast groundwater basin that lies 500-3,000 feet below the surface. Altogether, it holds about 15 million acre feet of water. The OCWD manages the groundwater and their main goals are to ensure water quality, make sure that all the cities in the OCWD get their fair share of water, and ensure that the same amount of water is pumped into the system to balance what is taken out.

The Santa Ana River levees seen from the Chapman Avenue and Ball Road bridges are an important part of maintaining the underground water system. The levees are water percolation areas that recharge the basin along with local rainfall. Prado Dam provides the basin with storm water in the rainy season. Under a joint



agreement with OCWD, the Orange County Sanitation District can provide up to 100 million gallons of treated waste water daily that would otherwise be dumped in the ocean. This Groundwater Replenishment System (GWRS) purifies the water to meet or exceed all state and federal drinking water standards and is the world's largest water purification system for indirect potable reuse.

Generally, about half the water used in northern Orange County comes from the aquifer while South County relies on water imported from hundreds of miles away in Northern California and the Colorado River. In 2015, Huntington Beach water consisted of 68% local groundwater and 32% imported treated surface water. The City operates nine groundwater wells and three Municipal Water District of Orange County (MWDOC) imported surface water connections.

The GWRS facility provides tours and if we were to get enough interest from CERT members we could arrange for a group tour of this world-class facility. Let us know at the next CERT general meeting!

Thank you, Sandy, for an interesting and educational evening!

For more information, go to:

<http://www.ocwd.com/>

<http://www.ocwd.com/gwrs/>

[http://www.huntingtonbeachca.gov/government/departments/public\\_works/](http://www.huntingtonbeachca.gov/government/departments/public_works/)

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### Roy Alzua

We haven't seen Roy Alzua around much, so here is an update on what's happening in his life as he posted on his Facebook on June 10:

Well, folks, I won the Medical Lottery! I dodged the "widow maker" of cardiac arterial disease and live to talk about it. It started off last Friday when I was helping my wife, Chris, recover from two serious freak falls that seriously and literally injured her from head to ankle and worst of all, shattered her left upper arm. She is still hurting but her orthopedic specialist, Dr. Desai, says she will recover in about two months without the need of surgery.

Then on Friday night after cleaning the house, I was very tired and emotionally drained from trying to lessen Chris' pain and suffering. So I decided to go to bed early as soon as I showered. While showering, however, I experienced pressure and pain on the left side of my neck/throat and upper left chest along with nausea. It lasted about 15 minutes then subsided to a dull discomfort and indigestion. I experienced these

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**Roy Alzua**  
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symptoms again on Saturday, Sunday and Monday mornings so on Monday I saw my new Primary Physician, Dr. Chatterjee. He suspected episodes of cardiac disease and ordered tests and prescribed nitroglycerin to further define and relieve my ailment in preparation for referral to my cardiologist, Dr. Shaoulain.

Early Wednesday morning at 3:30am, I awoke and experienced two distressful episodes, close together. As directed by Dr. Chatterjee's Practitioner Assistant, I took a nitroglycerin pill and called 911, who inquired about the nature of my emergency and instructed me to gather my medicines, take aspirin and wait near the open front door for their immediate arrival.

HBFD FireMed EMTs quickly arrived, attached medical devices, administered emergency medication and transported me to the Hoag Hospital ER, all while getting vital medical and incident information plus monitoring my condition. These emergency procedures were repeated and expanded by hospital staff upon arrival at Hoag Hospital and my immediate emergency was stabilized. Also, Hoag Hospital contacted my Primary Physician and Cardiologist and notified them of my emergency condition and treatment.



Over the next two days I was probed, analyzed, diagnosed and treated under the direction of my doctors who literally saved my life. My doctors, aided by Hoag staff and their advanced medical technology, determined that I had a Left Anterior Descending (LAD) Artery with 95% blockage (too much of my favorite ice cream and pizza treats). This blockage is also, unfortunately, known as the "widow maker" since death often occurs without immediate intervention.

Early Thursday morning, Dr. Shaoulain and his team performed an angiogram procedure, first attempted through my right wrist, and then when my physiology would not allow an internal path to my heart, they re-entered through my groin (I'll spare you those explicit photos). Upon confirmation of the blockage and accessible path, they performed an angioplasty (balloon and inflation) and stint placement to open the blockage. I was awake but in a twilight zone throughout this procedure but only listened and couldn't observe. Isn't today's medical technology wondrous!

I'll recover from this procedure in less than a week and look forward with gratitude and anticipation of experiencing the musical "42nd Street" next weekend at the Hollywood Pantages Theater.

God and His emergency and medical servants are great! Our HBPD FireMed EMTs are outstanding and undoubtedly saved my life by quickly treating me and transporting me to Hoag Hospital ER. If they ever need a testimonial, they've got mine. I posted my story in part to tell my friends how effective a competent FireMed Program can be. I also wanted my CERT friends to know why my doctors have advised me to back off of my CERT activities. But I'll be back, healthier and stronger than I've been in a long time.

I am very lucky to live in an area that has exceptional EMTs and emergency medical facilities.

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**American Red Cross Drill**

*By Raji Shunmugavel*

At our June 9, 2016 General Meeting, CERT/Red Cross volunteer, Richard Batistelli, passed out a flyer about an El Nuno full scale regional exercise that would take place all day on Saturday, June 11, 2016 at the American Red Cross (ARC) office in Santa Ana. Even though it was only a one-day notice, it wasn't too late to sign up for the opportunity to participate. I was able to register at the event.

We actually did have some rain on that day during the drill, but not enough to require an evacuation. The scenario was

flooding due to pouring rain and manning a shelter set up at Century High School on Grand Avenue in Santa Ana. We were divided into morning and afternoon shifts. We had a chance to practice filling out registration forms, assessing the clients by interviewing them and completing a health questionnaire so we'd know the correct assignment to avoid confusion. We also worked in a "mass feed" center.

We were provided lunch around noon and then client and staff roles were switched after lunch. The lunch table became the center to practice material inventories, how much was used, and to record what was left.

Afterward, "Event Based Volunteers" and Red Cross Volunteers went back to the Red Cross office where we conducted a "hot wash" discussion and evaluation of the drill in two separate rooms. One thing I observed is that volunteers should come prepared with their own good functioning pens. Pens stored in logistics sometimes dry up after time and this was a problem at the drill. At the end we were all given certificates for our participation.

I had an opportunity to talk with our CERT "old timers," Bill Worth and Monica Ruzich, the American Red Cross Disaster Program Manager, as well as current CERT and ARC volunteers Richard Batistelli and Robert Zamalin. I enjoyed this educational event very much.

## When Everything Else Fails, Amateur Radio Will Still Be There--And Thriving

*An article from: ARS Technica, UK*

It's a good time to be technical. Maker communities are thriving around the world, tools and materials to create and adapt are cheaper and more powerful now than ever. Open source hardware, software, and information mean that if you can think it, you can learn how to do it and make it happen.

For one group of technological explorers, this is more than just a golden age of opportunity: it's providing the means to save one of the oldest traditions in electronic invention and self-education, one that helped shape the modern world: amateur radio.

Radio amateurs get a sweet deal, with effectively free access to many gigahertz of the same radio spectrum that companies pay billions for. They have earned it. Throughout the history of electronics, they have been at the borders of the possible, trying out ideas that commerce or government deemed impossible or pointless--and making them work. Here's one example of hundreds: Allied military communications in World War II needed a way to reliably control the radios used by front-line forces, replacing tuning knobs with channel switches. Hams had the answer ready and waiting--quartz crystal oscillators. (Those are part of computing history too. You're probably using about 10 of them right now).



The trouble with making a success of frontier territory is that it doesn't stay frontier for long. As radio hams colonized new frequencies and new methods, government and commercial interests wanted in (and they got in). What was useless yesterday can be very desirable today, and a lot of the ham bands in the once-fallow UHF and microwave spectrum now look very tempting for wireless data, satellite downlinks, and the constant chatter of the Internet of Things. Some attacks on amateur spectrum have been repelled, others have succeeded. More are on the way.

It has looked like a losing battle at times, as the relevance of amateur radio seemingly faded with the

advent of the Internet and cheap digital technology to play with. Radio hams looked like yesterdays people, as relevant as steam engine enthusiasts in the age of spaceflight. Who cares if they lose their spectrum if the rest of us can stream more HD cat videos as a result?

There's enough truth in that to make it dangerous. A large cohort of hams just want to play with radios and talk to their pals, but that attitude masks four things that amateur radio still does that can't be easily replaced.



<https://youtu.be/Z-yHD9IVbH8>

Start with STEM which is the acronym for Science, Technology, Engineering and Math education. In the days of "valve" (tube) radios, it was a standard right-of-passage for 10 year olds to take them apart and find out how they worked. The likes of Richard Feynman, Claude Shannon, and Robert Noyce all started that way. Good luck in taking the back off an iPhone kids, but the whole path from simple radio receivers to megabit interplanetary communications is still there. Amateur radio will take you every step, bypassing barriers and making connections. There is a reason ham radio is aboard the International Space Station.

Then there's backup. Take the European HAMNET, for example. That's a four-thousand-node high speed data network covering a large part of continental Europe and providing a full IP connectivity and megabit speeds. It connects to the Internet-ham radio, owns 16 millions IPV4 addresses, believe it or not-but is independent of it, doing its own robust and flexible routing. If the internet were to go away, HAMNET would still be running. The same's true of nearly all ham radio infrastructure. When everything else fails (power, comms, roads), ham radio is still there. These days it can even be a full-fledged digital medium.

This independence gives ham radio a further edge. It is vigorously non-commercial and non-governmental, and by law the format has to be open-encryption which is almost completely forbidden. It's open to all nations, (and nearly all allow it). It has survived war, dictatorships, disaster, and CB radio.

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## **When Everything Else Fails, Amateur Radio Will Still Be There--And Thriving**

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If you want to use the airwaves then, provided you can pass a simple technical test and pay a nominal administrative fee, you don't need any further permission. Increasingly, unique creations can't happen any other way, like global free-to-access digital voice radio networks and international automated satellite tracking and data systems.

This resurgence has helped amateur radio keep its place at the negotiating table with the regulators and lawmakers. It's kept the world full of active expertise in wireless, one of the major drivers of modern IT, and also is one of the guarantors that things like commercial cellular networks are constantly checked for abuse. These radio hackers at Def Con and Blackhat conferences, who gleefully expose the flaws and backdoors in your mobile phone, will usually be ham radio geeks.

It's lots of fun. Nobody has to be a radio amateur, but if you want to use radio inventively, understand how it works, or need to create a communications link that doesn't conform to other peoples limits or require their permission, it's there for you.

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### **Seven Silent Signs of Someone Drowning**

Do you know what drowning looks like? There is no splashing, screaming or raised arm. It's quick and silent.

Drowning doesn't mean flailing arms and calling for help. Those watching swimmers often don't know what to look for – because drowning doesn't look like we imagine drowning is supposed to look like. Knowing these silent signs can mean the difference between life and death.

A drowning person can't call for help. A drowning person has to be able to breathe before being able to speak. When someone is drowning, the mouth sinks below and reappears above the surface of the water. There isn't time to exhale, inhale and call out.

A drowning person can't wave for help either. A drowning person instinctively extends their arms to the sides and presses down to lift their mouth out of the water; a child may extend their arms forward. They also can't use their arms to move toward a rescuer or reach for rescue equipment.

They remain upright in the water, with no evidence of kicking. A drowning person can struggle for only 20 to 60 seconds before going under.

Their head may be hard to see. It may be low in the water with their mouth at water level, or tilted back with mouth open. A child's head may fall forward. Their hair

may be over their forehead or eyes.

A drowning person may look like they are treading water with their arms in an attempt to lift their mouths out of the water. Their head will barely be above water or bobbing up and down.

They are quiet. Children playing in the water make noise. When they get quiet, you need to get to them and find out why.

A drowning person doesn't seem in distress.



Sometimes the most important indicator that someone is drowning is that they don't look like they're drowning. They may just seem to be looking up at the sky, shore, pool deck, or dock. If you see these signs, ask "Are you all right?" If they return a blank stare, you have less than 30 seconds to get to them.

Drowning is 100% preventable. Get the facts today.

<http://www.choc.org/about/thank-you-for-signing-up/water-safety-guide/?submissionGuid=3ac6bcdcf-3dba-4a0f-93e4-c34c860caaad>

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### **23 Dead After Flood Hits West Virginia ~ Always be ready for any type of Disaster**

*By Brenda Welch*

Homes were pushed off their foundations and 44 counties were in emergency situations from the flooding. A total of 32,170 homes and businesses remained without power. Extensive damage was reported and Gov. Earl Ray Tomblin declared a state of emergency for 44 counties, including all but the northern and eastern panhandles. He also authorized the deployment of up to 150 members of the state's National Guard. On Saturday morning, Governor Tomblin requested a federal Major Disaster Declaration from FEMA to "provide individual assistance for Kanawha, Greenbrier and Nicholas counties."

Nearly two dozen people have died in West Virginia

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## 23 Dead After Flood Hits West Virginia ~ Always be ready for any type of Disaster

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as a result of extreme flooding that inundated portions of the state on Thursday, June 23, 2016. The West Virginia Division of Homeland Security and Emergency Management reported at midday Saturday, June 25, that the official fatalities reported from the West Virginia Medical Examiner remains at 23, "contrary to national media reports."

"The amount of rain that recently fell on parts of West Virginia and southern Virginia exceeded a once-in-a-century event for the specific area and resulted in catastrophic flooding in some communities," according to AccuWeather Senior Meteorologist Alex Sosnowski. "Radar estimates indicated 6 to 10 inches of rain fell on some locations in 24 hours," Sosnowski said.

FEMA announced in a press release that it is deploying an Incident Management Assistance Team to help provide support and guidance on the Federal Disaster Declaration Process. The organization will also help with damage assessments in Clay, Greenbrier, Kanawha, Nicholas, Pocahontas, Roane, Webster and other counties.

Greenbrier County Sheriff Jan Cahill described "complete chaos" and told the AP that roads were destroyed, bridges were washed out and homes were knocked off their foundations.

Several rivers, including the Meadow River at Hines and the Greenbrier River at Hilddale, crested to major flood stage on Friday afternoon. Record flooding occurred along the Elk River. Fifty (50) homes were destroyed along Jordan Creek in the Clendenin area and multiple water rescues were performed in Richwood.



High water submerged Interstate 79 in Kanawha County near the town of Clendenin. (Photo/West Virginia Department of Transportation)

In White Sulphur Springs, the raging floodwaters submerged part of the historic Greenbrier resort. Power was knocked out throughout the resort and cleanup efforts were underway. According to a posting on the Greenbrier Facebook page, the resort will be closed until further notice. "It's like nothing I've seen," said Jim Justice, owner and CEO of the Greenbrier Resort, photos below.



An example of some of the devastation in West Virginia. A deluge of 9 inches of rain on parts of West Virginia destroyed or damaged more than 100 homes and knocked out power to tens of thousands of homes and businesses. (AP Photo/Steve Helber)



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**23 Dead After Flood Hits West Virginia ~ Always  
be ready for any type of Disaster**  
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Please keep everyone in your thoughts and prayers affected by these horrific flood waters. #StayStrongWV

You can watch videos on Facebook and You Tube at the links below.

[https://www.facebook.com/WVDHSEM/  
posts/1204625549556586](https://www.facebook.com/WVDHSEM/posts/1204625549556586)

[https://search.yahoo.com/search?  
p=You+Tube+Virginia+Floods&fr=ush-mailn\\_02&fr2=p%  
3Aml%2Cm%3Asb](https://search.yahoo.com/search?p=You+Tube+Virginia+Floods&fr=ush-mailn_02&fr2=p%3Aml%2Cm%3Asb)

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Huntington Beach Fire Department  
FireMed 2016 CPR Schedule  
Registration is required - Call 800-400-4CPR or 714-556-4277

You can attend for FREE if you are a FireMed Member!  
Find out how by calling FireMed at 714-374-1598

*There will be no CPR classes during June or the first half  
of July.*

Schedule:

- Wednesday, July 20, 6:00pm—9:00pm
- Saturday, August 13, 10:00 am – 1:00 pm
- Wednesday, August 24, 6:00pm—9:00pm
- Saturday, September 10, 10:00 am – 1:00 pm
- Wednesday, September 21, 6:00pm—9:00pm
- Saturday, October 8, 10:00 am – 1:00 pm
- Wednesday, October 19, 6:00pm—9:00pm
- Saturday, November 12, 10:00 am – 1:00 pm
- Saturday, December 10, 10:00 am – 1:00 pm

# CITY OF HUNTINGTON BEACH CERT

## *Neighbors-Helping-Neighbors*

**MISSION STATEMENT:** The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

### Upcoming CERT Events & Activities

- CERT General Membership Meeting, 6:30 PM  
July 14, 2016 in B8
- 4th of July Parade, 1st Aid Booth (CERT Staffing)
- US Open of Surfing, July 23 –31 (CERT staffing)

### CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee.

- See page 9 for schedule

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

### HB CERT Newsletter Staff

Virginia Petrelis (Editor), Peter Petrelis (Publisher), Anna Pinter, Cynthia Goebel, Art Weiland, Carol Nehls, Bob Zamalin, Rajarajeswari (Raji) Shunmugavel, Brenda Welch, Barbara Scott, Hannah Kilbourne



### **IMPORTANT ANNOUNCEMENT!**

**CERT Website:** [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert) **CERT Contact:** [CERT@surfcity-hb.org](mailto:CERT@surfcity-hb.org)  
**CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)**